

Linda Clair
Five-day Meditation Retreat
Kallara Conference Centre, Australia – June 2019
Transcription from Audio Recordings

File 5a – Wednesday morning guided meditation

So take a few deep breaths into the belly. So today, our last full day, rather than pushing it – trying to become enlightened by the end of the retreat because you've only got another day and a half, we have got a half-day tomorrow – keep it stable, firm and stable. And enjoy being here, with everyone here, doing what we're doing, which is really the most beautiful thing that you can be doing while you're in this body. So really, today, whatever you're doing, be as deeply in your body as possible.